



### Blood pressure -

Blood pressure is the force pushing blood through your body. It is recorded in two numbers. The systolic reading (upper number) is the pressure in your blood vessels when the heart contracts. The diastolic reading (lower number) is the pressure in your blood vessels when the heart is relaxed. Normal blood pressure is 120/80. If your numbers are higher than this, check with your doctor.



### Foot exam -

This is done by your doctor or podiatrist (foot doctor). Your feet are checked for any cracks, sores, blisters, calluses or infections. The blood vessels and nerves in your feet are also checked. Make sure to take your shoes and socks off when you get into the exam room.

### Flu and pneumonia shots -

You are more likely to catch the flu and pneumonia if you have diabetes. Ask your doctor today about vaccines to prevent the flu and pneumococcal disease.

**Diabetes ...**  
a new wave  
of life.

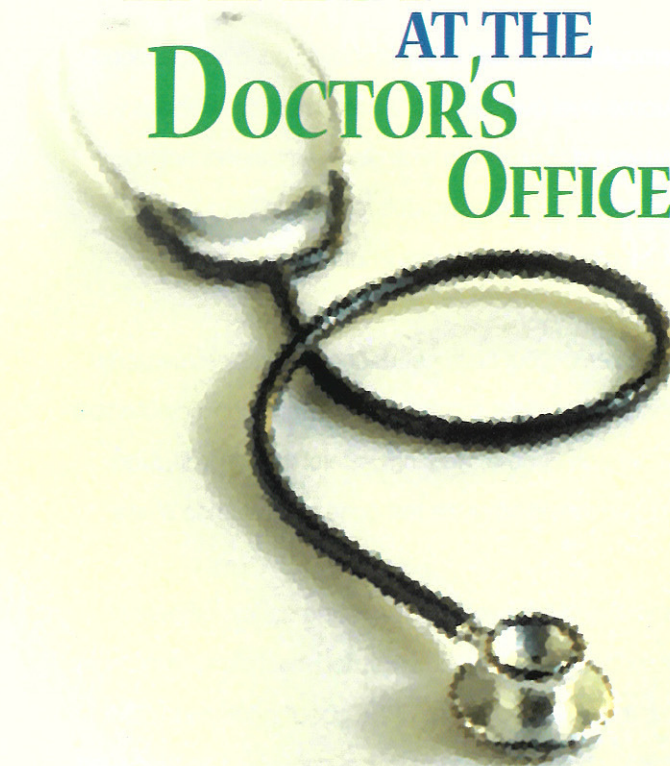


**Strive**  
for  
**BALANCE.**  
It's the  
key to  
preventing  
problems  
from  
**DIABETES.**

Information provided by :  
South Dakota Department of Health - Diabetes Control Program  
615 E. Fourth Street Pierre, SD 57501-1700  
1-800-738-2301  
[www.state.sd.us/doh/Disease2/diabetes.htm](http://www.state.sd.us/doh/Disease2/diabetes.htm)



**WHAT**  
**TO**  
**EXPECT**  
**AT THE**  
**DOCTOR'S**  
**OFFICE**



### When you go for a checkup...

#### Step on the scale -

Reaching and maintaining a reasonable weight can help with blood glucose control. Research shows that people who lose a modest amount of weight (5-20 pounds) often see an improvement in blood glucose. Have a dietitian help you.



# How the laboratory helps you and the doctor...



By performing a number of specific tests, the lab provides information necessary for the doctor to decide on the best treatment for your diabetes.

**Hemoglobin A1c test** - this test shows your average blood glucose level over the past 2-3 months. This test helps you and your diabetes care team know whether or not your treatment plan is working. This test should be done every 3-6 months. Ask your doctor what your goal range is.

**Cholesterol** - your body needs cholesterol for some body functions; however, too much cholesterol can increase your risk of heart disease. Your cholesterol should be less than 200. You should have this test done at least once a year.

**Other blood fats** - your body needs a certain amount of fat for body functions; however, too much fat can increase your risk of heart disease. HDL ("good" cholesterol), LDL ("bad" cholesterol), and triglycerides should be measured at least once a year. Ask your doctor what your goal values should be.

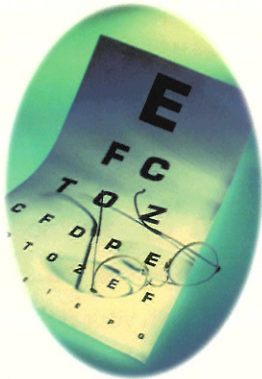
**Microalbumin** - microalbumin is a urine test that measures the amount of protein in the urine. When your kidneys are functioning properly, they should not let any protein through in the urine. If protein is found in the urine, your doctor should put you on a special medicine to protect your kidneys.



# Other tests that cannot be done by your doctor...

## Eye exam -

An eye exam is done by an eye doctor (ophthalmologist or optometrist). Your eyes need to be dilated (the pupil opened) with a medication so that the retina (the black part of the eye) can easily be seen. This is where eye changes from diabetes will occur. Your eyes will be checked for general vision and glaucoma. You should have an eye doctor check your eyes at least once a year.



## Dental exam -

This exam is done by a dentist and dental hygienist. A dental exam includes cleaning your teeth and checking them for decay, as well as checking your gums for gum disease. You should see your dentist twice a year. Diabetes increases your risk for dental caries (cavities) and gum disease.

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# Topics to review with your health care provider

	Date of Visit			
Weight (every visit) Target _____				
Blood Pressure (every visit) Target _____				
Foot Exam (every visit)				
Review Blood Sugar (every visit)				
HbA1c (every visit) Target _____				
Microalbumin (every year)				
Cholesterol (every year) Target _____				
Triglycerides (every year) Target _____				
HDL (every year) Target _____				
LDL (every year) Target _____				
BUN/Creatinine (every year)				
Dilated Eye Exam (every year)				
Dental Exam (twice a year)				
Immunizations (review every year)				
EDUCATION REVIEW				
Nutrition/M meal Plan				
Feelings/Stress Management				
Physical Activity				
Self Monitoring of Blood Sugar				
Medication Review				
Low/High Blood Sugar (symptoms & treatment)				
Sick Day Guidelines				
Smoking/Alcohol Consumption				
Diabetes Complications				
Diabetes Management Plan				